

Don't Be A Bear

Join the State of Montana Employee's Winter Fitness
With



FEBRUARY 1, 2007 – MAY 1, 2007

It's a New Year, keep your resolutions to get fit, lose weight,
or quit smoking
with
your employer sponsored Winter Fitness.

During hibernation a bear curls up from the hazard & cold of winter. To survive this long period of inactivity the bear builds up its body weight by **accumulating fat**. Prior to hibernation bears can gain up to **40 lbs of fat** per week. See source below

We Are Not Bears!

But . . . We're Not

Any fat that humans winter stays with us. you can keep your have a healthier the two convenient programs: to increase weight. It's easy, 3 months in this program you are on the road to a healthier you and you are ½ -



Bears!

accumulate during the By joining Winter Fitness New Year's resolution to lifestyle by choosing one of **Shape Up Montana** physical activity or to lose everyone's a winner & after

way through the year at successfully keeping your New Year's resolution to have healthier habits AND best of all *you'll feel great.*

- ✚ Exercise is great for your body and your mind
- ✚ Exercise helps if you suffer from depression
- ✚ Exercise helps smokers quit
- ✚ Exercise energizes you, you'll be more productive



Shape Up Montana Facts

- ✚ ***3,003 Montanans can't be wrong! That's the number of folks who participated in Shape Up Montana in 2006.***
- ✚ ***304 Physical Activity Teams - Logged 731,126.95 miles -***

Do you want to lose 5 lbs?

- ✚ ***SHAPE Weight Loss Teams - Lost 2,653.65 pounds!
That's an average of 5.83 per person.***

SUM provides a wide range of activity divisions (beginner, intermediate, experienced and professional).

How do I join?

<http://www.bigskygames.org/shapeup/>

- Only \$5 to join for State Employees. ****Each state employee on a team must enter the word - state - in the box that asks if you are a sponsor of the Big Sky State Games. This enables you to receive the \$5.00 fee**

- Teams can have up to 10 members
- If you want to participate on your own, we can find a team for you to link up with but you can be active on your own.
- Team captains keep an easy to use Team Mile Report Sheet
- The Activity Conversion Chart is easy to use.
- Challenge your friends at another participating Montana business; Shape Up Montana is statewide, wherever there are people participating.

Want to Captain a team? This Captain's Handbook helps you

<http://www.bigskygames.org/shapeup/shapePDFs/handbook07.pdf>

SIGN UP TODAY

**Don't be left hibernating; get moving
today towards a healthy lifestyle**

Source:

http://www.sciencetheatre.org/ask_st/021898.html